

BRIDGES

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The winning photos from our Signs of Spring contest **P.13**

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How to be a raw food vegan...for five days **P.24**

WEDNESDAY, JUNE 4, 2014

A STARPHOENIX COMMUNITY NEWSPAPER



GRAFFITI DOCTOR

IAVIG ISAE WILL GO FROM SPRAY-PAINTING FACES TO TREATING THEM AS SURGEON **P.6**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#PAT TRASK

The Man Behind Handsome

My name is Pat Trask. I have recently published a book of my memoirs, *The Man Behind Handsome*.

This book is the story of my growing up years on a small farm in Saskatchewan, living in a house with my mother, five sisters and my handsome father who was a bully and was physically and mentally abusive. He was a totally unloving, selfish man who kept my mother and her six children locked in under his control through all of our childhood years, a man who made sure that no one else ever got to see his dark side.

To my relatives, neighbours and friends, he was a handsome, happy friendly man. To us, his family, he was a man we feared beyond compare's



The Trask Family

belief. We never knew when his temper would explode without reason, and any of us who were in his presence at the time dared not attempt to leave the room, or his vengeance would be aimed at you.

These men had huge heads with a deep blood stained forehead. His favourite scream when he was raging wildly at us was to grab each girl's

head so these huge hands and being them together as hard as he could, leaving us staggering and trying hard not to cry.

This story is about growing up in Saskatchewan and what was hidden behind the doors in many homes. No one was allowed to tell anything outside of the house. It is a story about the children and the women for beautiful who suffered the abuse with numbers to turn the help. It is a story that I have been told, from people who have read my book (that) they highly recommend everyone should read it to understand that it is all right to talk about (abuse). In fact it is necessary to talk about it, that as a part of the healing. My plan after those who have been abused is to expose these hidden and rotten it wasn't their fault. Just because someone raised the early years, doesn't mean you need to allow them to ruin the rest.

The *Man Behind Handsome* is available at McNally Robinson in Saskatoon.



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ON THE COVER PG. 6



Self-portrait, and do-it-yourself-roasting. *Pixelated* with one of his murals. **PHOTOS PHOTO BY GREG PENDER**

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SPACES PG. 4



Handcrafted Print Studio's new space at 220 20th St. W. **PHOTOS PHOTO BY MICHELLE RUGGS**

BRIDGES COVER PHOTO BY GREG PENDER

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATOON'S BEST SPACES

Prolific printing prompts primo pad

By Sean Trembath

WHO: Steve Thomson, owner of HardProsed Print Studio

WHAT? HardProsed's new studio. After three years in a smaller space at the Two Twenty building in Saskatoon, Thomson moved soon after. Lucky for him, Two Twenty was expanding, making his move a short one.

Thomson took some time to tell us about the new digs, his business and why he likes the building he works in.

Q: How did you end up at Two Twenty?

A: I was working out of my house originally. I met the owner of the building through making a few decks for them. I was working out of Martindale and it just kind of made sense to move into the city. I didn't know if I could afford my own building, so the concept of sharing the space with a bunch of other businesses and collaborating, appealed to me.

The first year was good, here I saw a dramatic influx of orders coming in. Being in the building kind of paid for itself in advertising.

Q: How many shirts do you print in a day?

A: It all depends on the time of year. During touring season in the fall, it's a lot of bands. Right now it's a lot of summer camps, bible camps, church groups — anyone doing an activity or festival in the summer.

I think we did about four or five hundred yesterday and we're on track to do about 200 today. Usually about 100 to 200 a day at least.

Q: What kind of ink do you use?

A: We have a couple types. This is called plastisol. It's a plastic/rubber thinner dries out without being too hard, but once it's on your shirt if it's moved properly, it shouldn't ever come off.

We have another ink that's water based, as well as a dye-based ink as well. All the inks we use are as environmentally friendly as you can get in the industry.

Even when we clean the screens, we put them into a tank of a soy-based product, rather than an acid or a harsh chemical.

Q: You started selling your own merchandise with a focus on Saskatoon and Prairie. Where did that come from?

A: I got back from Christmas holidays and just decided to design some stuff. I decided to focus on locally sourced things, and wanted to kind of keep it positive. Cool, simple designs for (Saskatoon) but your typical wheat stalks.

We started doing that, and it took off when we started our online store.

Q: What prompted the move to a new space?

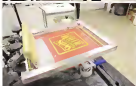
A: We just needed more space. We were in the spot next door with about 500 square feet and we quickly bought another press and brought some more equipment. We're also looking at buying an automatic press.

Q: Does being around the other creative people in the building help your creative process?

A: Yeah, it's good. You kind of feed off each other in the morning, or in line for coffee. It gives you a different outlook than I would have if I was just in the north end by myself.

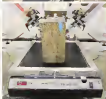
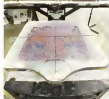
Q: Do you see yourself staying in the building indefinitely?

A: It's so hard to say. I hope to be here as long as possible. But if you would have asked me three years ago when I moved into the old studio, I thought the same about that space. I thought there was more than enough room.



BRIDGES PHOTOS
BY MICHELLE BEND

SPACES



Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,

My grandmother doesn't like magpies. She says they eat songbirds' eggs. I think they are beautiful. Are they really that bad? Hairy Magpies are very striking creatures. I too think they are very beautiful. Your grandmother is right, magpies do raid other birds' nests. However, what she may not know is that eggs make up only a small portion of the magpie's overall diet. They eat a lot of species that humans sometimes call pests such as grasshoppers, caterpillars, slugs and snails. This helps to keep those populations in check. They also eat insects, berries, fruit, nuts, millipedes, scorpions, rodents, human garbage and carrion. Sometimes they form symbiotic relationships with large mammals, getting the ticks off their backs for just a little snack. Magpies are not only beautiful, they are highly intelligent. Have you ever watched them build their nest? They build an intricate dome-shaped nest made with two entrances. The cup at the base of their nest is made from mud, plaster, hair and grass. Magpies are very social and care for each other. If a magpie is laid and dead many gather and call out all together for 10-15 minutes and then depart in silence. Sorrowful brood!

Send your questions to me at the address below, then watch foridges for the answers.

Your pal, Chip

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ON THE COVER

I guess it's kind of an engraving. You're putting it into stone. — Pavlo Isak

PAVLO ISAK

Graffiti Doctor trades his spray can for a scalpel



Graffiti artist Pavlo Isak is one year away from being a doctor. Once he finishes school, he plans on specializing in facial reconstruction surgery. ABOVE: MICHAEL LANG/REDAUX

By Sean Trembath

Pavlo Isak has been working on trees for years, but lately his work has become even more real.

For years, the Saskatoon graffiti artist has painted murals on walls around Saskatchewan. The days of illegal

graffiti long gone, Isak's work now lives on five walls — like the one he and the White Buffalo Youth Lodge on 28th Street — and concerning local news — like Undergrad downtown.

His characters are stylized, defined by exaggerated facial features. It's a style he developed over years. During

that time, he had no idea if it would inform his future career path, one that very few would associate with the stereotypes of a graffiti artist.

Isak is a year away from being a doctor. Once he graduates medical school, he plans to specialize in facial reconstruction surgery.

He'll still be painting faces. They'll just be on people.

Looking back now, I can see the connection. I do like facial anatomy," Isak says.

You don't need to convince people of the nobility of a career in medicine, but Isak has used his other skill

set, the one that involves a spray can, to help breed creativity and confidence in young people.

"I really do believe in instilling ideas into a younger generation," he says.

Earlier this year, a different sort of classroom project let him do just that.

When they're able to be creative in a project like this, they're able to see themselves as an artist, or as successful, and it builds their confidence. — Jennifer Gallays

Jennifer Gallays is always looking for new ways to engage her students.

At Aalto, the elementary school in Saskatoon where Gallays teaches art, employs an "inquiry school" model, which focuses on students asking questions and teachers modeling lessons around the children's interests.

This year means many things. Earlier this school year, a focus on business and economics led to students having a chance to pitch original ideas in a Dragon's Den-style event.

This January, they started some things new. During a program, well, also involving space & word, poetry, a local artist named Jordan Schulte had impressed Gallays and the kids with a hip-hop performance.

Continued on Page 8



Jennifer Gallays and her class were at the Mosaic Art Gallery on May 22 to view a piece by Paula Jaki, a graffiti artist who came to their class to teach them about the art form. STORIES PHOTO BY RICHARD MARRAS



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If I see chicken scratch on someone's property, I feel bad. Some old lady has to go clean that up. I've been there, but looking retrospectively, it's annoying. I just picture my parents getting a tag on their garage — Isak

The idea came up for a hip-hop-centric project, but it would involve more than just rapping. While most often associated with music, the term "hip-hop" is really a cultural umbrella term, encompassing styles of dance, art, clothing and more.

They focused on three aspects — the music, the dance and graffiti. With the help of a grant from the Stockholm Arts Board, the students were exposed to these different veins of creativity.

"When they're able to be creative in a project like this, they're able to see themselves as an artist, or as successful, and it builds their confidence," Galleys says.

But beyond the creative output, she saw it as a way to show students that certain types of culture aren't always what they are perceived to be.

"Being a project like this, where kids can see the beauty in other cultures, the beauty in urban art, to start to see things from that perspective, we can break down stereotypes," she says.

Isak himself was a great example of this, with his budding medical career.

"We talked about how we would measure a person doing that stuff or how fit, but here we have someone who is going on to become a doctor," Galleys says.

They also talked about the appropriateness of graffiti. Galleys says there was some concern from parents that the kids would be encouraged to go out and start tagging private property.

"That was the first thing we asked Isak: is graffiti art or vandalism?" they decided. It was art, depending on where it is and whether you have permission for it. It is vandalism if it was a smear-word, or if it was ugly or you didn't have permission," she says.

Isak himself accentuated this part of the lesson. He admits his early days involved a lot of illegal graffiti — although he says he mostly focused on power lines and train cars rather than personal property — and says a program like St. Anna's might have steered him in a different direction.

"I think it would have inspired me," he says. "It probably reduces some of the vandalism in the neighborhood, so kids won't be running around painting on things."

Isak still keeps an eye out for graffiti around town, and is put off by vandalism.

"If I see chicken scratch on someone's property I feel bad. Some old lady has to go clean that up," he says.

"I've been there, but looking retrospectively it's annoying. I just picture my parents getting a tag on their garage."

He was impressed by the project, and how Galleys used the framework of hip-hop to touch on a variety of subjects. With his graffiti, they got into math, thanks to the geometry required to create a three-dimensional image on a two-dimensional plane, and even social studies, when they discussed the history of graffiti and tied it into other cultures' traditions of visual art.

Most importantly for Isak: Isak was able to expose a new generation to an art form that has been important in his life.



Isak's graffiti is a mix of stylized letters, colors and shapes, and he's been painting in South Korea, San Francisco

I was never bored of the painting. I still do a lot of legal murals, but I guess just putting up a name to get fame, to repeat your tag over and over, it started to get old. — *Isak*



Isak's art: Isak walks in downtown Seattle looking at legal tags that have been left on buildings. Photo by Chris Parker

Isak remembers the first piece of graffiti that really spoke to him. It was sometime around the seventh grade.

There was a business close to his childhood home. Someone had painted a character on the side

"I can probably still draw it. When I looked at it, I thought, 'man, that looks cool,'" he says, before sketching out a rough version of the figure.

It's a man, his long, bald head accentuated by big, beady eyes and a chin that juts out. He is wearing a tie, something that Isak mentions

several times but can't quite pin down the appeal of.

At first he was doing the type of illegal graffiti he later learned the St. Ann's students against. As he got older, it lost its appeal.

"I guess I just got bored of it. I was never bored of the painting. I still do a lot of legal murals, but I

guess just putting up a name to get fame, to repeat your tag over and over, it started to get old," he says.

His quest for new spots took him far outside Swakleen. After a couple years of undergrad at the University of Washington, he got a short-term US visa and went to Hawaii. When he wasn't working at

HICO, he was looking for places to paint.

"I did a lot of graffiti in Hawaii. There was a lot of awesome places to do graffiti in Hawaii, that were very low key, and no one would bother you about it. There was also a lot of legal walls," he says.

Continued on Page 10

We talked about how we would assume a person doing this stuff as 'low-life,' but here we have someone who is going on to become a doctor. - Gallows



Jennifer Gallows stands in front of the piece her class at St Anne School worked on with Peter Look. Credits: Photo by Richard Marshall

In Southeast Asia he saw a shop with an old mural painted on the side. He spoke to the owner, and they right the next of paint he took to do a large piece of his own.

The residents of a wall appear to look because of its size - he takes to work big - but also because of the persistence inherent in concrete.

"I guess it's kind of an impression. You're putting it into stone," he says.

In Gallows' class, Look had each of the students select a tag, an alias that represents their personality.

Gallows had them pick their tags from a list of virtues taught at the school. Rather than darker notions, she had used by names like Peace, Joy and Service.

"They used acrylic paint rather than the traditional spray for safety purposes."

Together, they painted a mural with each student's tag laid out as a Southeast outspace and the word "United."

All the while they were also working on the other fronts of tag tag. After three weeks of work, Gallows' students presented their usual dance and gospel in public performances.

"I had parents tell me, 'My kids are really into sports and I want to thank you for introducing sports into their lives,'" she says.

The graffiti mural is on display at the Mendel Art Gallery through June 8 as part of their an-

nual School Art exhibit.

"When I first told them about it, they were so afraid about it. They were like, 'No tag deal, we don't want to be the Mendel,' and I was like, 'you don't realize how cool this is.'"

"When they finally went there and saw what it looked like, it was real for them," she says.

It's the kind of art of the local experience that is central to what they do at St. Anne's.

"Kids learn so much better when they're being creative. Throwing into creativity opens doors to all kinds of learning."

If all goes according to plan, Look will finish this last year of medical school and go on to a career as a surgeon.

"I think it comes down to my personality. I'm always looking for something challenging and always looking to push myself," he says of his decision to pursue medicine.

His busy schedule prevents him from doing on each painting as he used to, but Look doesn't plan to ever give it up. It has allowed him to leave marks on the planet he's born, but it has also done the same to him. Gregg's is just actually about damaging or destroying things in my perception. Gregg's is to find your own identity. Or just to find yourself really," he says.

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IN THE CITY

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Let's make some noise



Four-year-old Chloe Fisher plays the xylo and bells at the Peabody-City-Children's Festival of Saskatoon held at Kinross Park. **GENIE PHOTO BY MICHAEL RING**

GARDENING

PHOTO COURTESY OF KATH SCHWERT, UNIVERSITY OF CALIFORNIA, DAVIS. PHOTO COURTESY OF KATH SCHWERT, UNIVERSITY OF CALIFORNIA, DAVIS.

#SIGNS OF SPRING PHOTO CONTEST



Ami Al-Akhrani found a delightful spring surprise on her porch this year. PHOTO COURTESY OF AMI AL-AKHRAANI



These two budding cherry trees flourish in Kath Schwert's University Drive garden every spring. Both trees grew from pits she tossed out after making cherry pits about three years ago. PHOTO COURTESY OF KATH SCHWERT

Saskatoon's nature enthusiasts are happy shutterbugs, submitting beautiful pictures for our Signs of Spring photo contest. We were looking for the best shots of nature's first blooms. Here are

some of the winners. The photos were taken in parks, fields and backyards and the contest didn't disappoint. We've printed a selection of the entries for your viewing pleasure.

The two winners on this page were chosen at random — each will receive a copy of Saskatoon's new book The Prairie Spring Season. Visit www.saskatoon.ca for more photos.

GARDENING

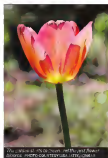
SIGNS OF SPRING PHOTO CONTEST



A close-up of a yellow flower with a red center, possibly a tulip, in bloom. PHOTO COURTESY OF ALAN HARRIS.



A close-up of a green plant with small white flowers, possibly a daisy. PHOTO COURTESY OF ALAN HARRIS.



A close-up of a pink and yellow tulip flower in bloom. PHOTO COURTESY OF ALAN HARRIS.



A close-up of a green plant with small white flowers, possibly a daisy. PHOTO COURTESY OF ALAN HARRIS.



A close-up of a green plant with small white flowers, possibly a daisy. PHOTO COURTESY OF ALAN HARRIS.



A close-up of a green plant with small white flowers, possibly a daisy. PHOTO COURTESY OF ALAN HARRIS.



A close-up of a green plant with small white flowers, possibly a daisy. PHOTO COURTESY OF ALAN HARRIS.



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2 T. C. Milk
1/2 C. Parmesan Cheese

2 T. Diced Ham
1 T. Mustard
3/4 C. Onion, chopped fresh
1/2 C. Mozzarella
Salt to taste



Pour over 1 lb. of cooked spaghetti and 3 T. of sliced ham. Bake at 350° for 1 hour. Yields
large casserole to full.

GARDENING

SIGNS OF SPRING PHOTO CONTEST



A GARDENER'S DREAM: A close-up photo of a plant with small, round, yellowish-green buds or fruits. PHOTO BY: COURTNEY ALANA SMITH, PHOTO BY



Taken on May 21, these flowers are in full bloom. The purple flowers are in full bloom. The yellow flowers are in full bloom. PHOTO BY: COURTNEY ALANA SMITH, PHOTO BY



The first pansy of the season. PHOTO BY: COURTNEY ALANA SMITH, PHOTO BY

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ASK ELLIE

You're either with the partner you've got, or not

Q. I have a great relationship with my boyfriend of two years. I'm ready for a few months, but we both made some changes and are very happy together.

I've been spending time with a friend whom I've known for 22 years and am developing feelings for her. I think about him all the time. He makes me smile, laugh, and I have a strong sexual attraction to him.

We can talk about deeper topics but he also wishes to date to the fullest; just as I do my boyfriend is such a nice guy too.

I love my boyfriend, but I can't stop thinking about my friend. I'm struggling with some big life changes getting my first house. My boyfriend seems quick to settle down, which only makes me desire this other man more.

My boyfriend is my first serious relationship, but I'm not his first the other's, and I've worried that he may be at different stages whereas this new guy is going through much the same life phases as me.

Feeling In and Out of Love

Ask Ellie



A. Get honest with yourself! You can't be having a "great relationship" and also be thinking of switching partners.

We're clearly worried about "set things" like sex, and "blowing your boyfriend for this potential."

Have you told him you're hesitant about this big step of buying a house, or that you need more of a sense of living life to the fullest? Or are you letting the other guy convince you that you're missing some "excitement"?

It's not necessary to be at the same stage in life with a partner, if you can compromise and balance each other in some of your choices.

But it is necessary to focus on one partner at a time. You're either with your boyfriend, romantically or you're not.

Q. My son was killed in a car accident 36 months ago at 39. I was a single mom and he was the light of my life.

I've married a man I met four years ago. He has a daughter 34 with whom I'm not close.

It's obvious that she doesn't respect me and says things to me that have been very harsh. She would say that I'm too sensitive and need thicker skin — and I would say that she's mean and insensitive.

On Mothers Day — a very difficult day for me — she chose to post a photo of herself as a young child with her mom and a young son on my personal Facebook page and wrote me a Happy Mother's Day.

I said nothing, but I deleted the post. She told her father she was doing something thoughtless.

Need To Up on This One

A. I'm sorry for your loss and you and you are naturally sensitive, especially on occasions such as Mother's Day. It'd be hard for anyone not close to you and knowing it says something that was truly something and thoughtless.

Perhaps she intended a message that you're part of her family too. Perhaps not. When you don't feel respected or loved with things that are interpreted negatively.

Learning your son is a blow that will re-surface on other occasions to which you already must know. Accept that most people don't know how to handle others' grief especially so time goes by.

Hold onto your memories he made, and try to be respectful of her as your husband's daughter, and hopefully the relationship will improve.

But, unless she does something purposefully mean, don't involve your husband. She's responsible for her own actions.

Q. My dad was an engineer but when he migrated here he could only get

a manual labour job which he hates (longtime career).

He's still in an unhappy marriage with my mom. When happy he's a wonderful caring person. When something doesn't go his way he becomes hostile and cruel.

He ignores problems, and has no friends as he feels that within every one except himself.

When I was nine, he told me he was miserable and he should just kill himself. He grew up in a toxic family.

I suggested counselling, but he's extremely very uncomfortable with this topic.

He is an intelligent person with a

mouth potential.

What To Do?

A. Tell him you want to avoid becoming critical and unhappy like him, so you need to go to counselling together. Make an appointment after researching for a decent fee (see my advice). Find a Therapist at www.vicadvices.com.

Go with him until he's comfortable to leave and valued opportunities

FREE FAMILY FUN! EVERY SUNDAY, 2-4 P.M.

Just drop in! Children should always be accompanied by an adult. Family artmaking every week, PLUS these special events:

June 8 at 2 p.m. Urban Landscape Workshop for Adults
Artist Lorenzo Dupuis guides you through painting the urban landscape. All skill levels welcome. Materials provided.
Call Carol at 306-975-8164 to register.

June 15, 2 to 4 p.m. Pad for Dad
Make a special note pad for Father's Day.



At Mendota Gallery Open daily 10 a.m. - 5 p.m. 180 Spadina Ave. | (306) 975-8164 | www.mendotagallery.com | Free Admission

WANTED: Gardens for Bus and Passport Tours

WOULD YOU LIKE TO SHARE YOUR PASSION AND IDEAS FOR PRAIRIE GARDENING?

You can include but are not limited to the following: perennials, vegetables, water features, shrubs/paucinals, containers and points of interest.

Suggestions and nominations are welcome!

Please Contact:

May: (306) 249-1329

June: (306) 955-4299

SRS
HORTICULTURAL SOCIETY
Celebrating Our 101st Year!

June 27 - July 6, 2014
Remai Arts Centre
Showtime 8 p.m.
Persephone: Theatre
Box Office
306-384-7727
www.bhs.ca/bhs/pinaflore

Presented by
Peter Decker

Co-Produced by
BHS Pinaflore

Music Director
Michael Jones

Production
Patsy Corp

ATTENTION: NOMINATIONS NEEDED!

We are seeking **new nominations** for the **SHS Home Gardens Award**.
DEADLINE ENTRY Friday, July 11, 2014

This competition is designed to recognize the best of home gardens and to give recognition to an individual who has excelled in this regard. It is a judged competition with the winner receiving a plaque for a year and certificate for \$250. The winning plot will be featured on the upcoming bus tour.

Agate: (306) 242-2320

Norfolk: (306) 382-4661

SRS
HORTICULTURAL SOCIETY
Celebrating Our 101st Year!

EVENTS

What you need to know to plan your week.
Send events to bridges@thetartphenix.com

MUSIC

Wed., June 4

Feeding Fiction
Buds on Broadway
817 Broadway Ave.

Thurs., June 5

Hill Station Trio
Crackers Restaurant & Lounge
1-227 Pineside Dr.

Feeding Fiction
Buds on Broadway
817 Broadway Ave.

Pop Grimes w/ Haunted
Suds and West Poin
Vamp's Tavern
501 Broadway Ave.

Kangas
Lucky Pub
83 Campus Dr.

Fri., June 6

Hanz Jary
Buds on Broadway
817 Broadway Ave.

Plaine Prikski Paul
Suckers
Repts Series: Anderson
Bucks
The Basement,
203 Fourth Ave. N.

Station
Army & Navy Club
391 First Ave. N.

Gerrile and Gole
McNally Tavern
3130 10th St. E.

Dafins Roger Barel
Taco Town Tavern
1830 Fairlight Dr.

The Northern Lights w/
Doug Hoyer and Jesse
and the Candelinas
Vamp's Tavern,
601 Broadway Ave.

The Seashells
Armstrong Cantina,
632 10th St. E.
Spent Henry
Shen's Place,
104 100 10th St. E.

Transcontinental Blues



Dylan and Jesse Kangas of the band Rump will be performing at Lou's Tap on Thursday night.

Ramp
Pussy's Pub & Grill,
1403 Highway 10 Dr. N.

Legitimate Rhythms &
Blues 92-Volt
Somewhere Else Pub &
Grill
2100 Broadway Ave.

Sat., June 7

Hung Jay
Buds on Broadway
817 Broadway Ave.

Jazz Singer Part II
The Basement,
203 Fourth Ave. N.

Steele
Army and Navy Club,
391 First Ave. N.

Les Savignettes
Natura Legion,
3021 Louisa St.

Rev. David: Phoenix
Downtown Legion,
600 Spadina Cres. W.

Gerrile and Gole
McNally Tavern,
3130 10th St. E.

Glad Vandenberg w/ Viet
Young
Armstrong Cantina,
632 10th St. E.

The Day Minnie w/ The
Well Secrets
Buds in Tavern,
801 Broadway Ave.

Shen's Place
Shen's Place
100-110 10th St. E.

Transcontinental Blues
Pussy's Pub & Grill,
1403 Highway 10 Dr. N.

Sun., June 8

Harrison James
Buds on Broadway,
817 Broadway Ave.

Les Savignettes
Natura Legion,
3021 Louisa St.

Mon., June 9

Kiddie Robinson
Buds on Broadway,
817 Broadway Ave.

Tues., June 10

Kiddie Robinson
Buds on Broadway,
817 Broadway Ave.

ART

The Gallery at Plaine
Crest Montclair Centre
Library
Until June 8 at Plaine
Crest Montclair Centre
Library. Opening
Reception by Jay
Kiddie. Dead Rock Stars by
Mark Hastings runs June
10 to July 7. Drawings of
images revealed in
Wes Funks' novel Dead
Rock Stars.

Mindel Art Gallery
Until June 15 at 990
Spadina Cres. & David
Thompson Road Steps

and Other Diversions and
the NBC Artists by Artists
Membership Program.
Mary Longman and
T. Arnold Through The
Witch's Science. School
Art, art by 350 students
in 30 minutes will
runs until June 8. Artist
Lorena Dupuis leads a
workshop on painting the
urban landscape, June 8,
2-4 p.m. To register
call 308-575-8344.

Gordon Seagrave Gallery
Until June 8 in Room
W1 at the U of T Museum
Building. Against the
Grain. Featuring award-
winning graphic design
from Saskatchewan

Jewed Arts
Until June 8 at 434 20th
St. W. Shoshana Mela by
Keddy Wehrman. A multi-
media sculpture in tribute
to young feminist Mela
Housman. Inquiries:
by Vira Lousiana

until June 6. A dialogue
between two computer-
generated animation/
video that were created
across a span of four
years.

Black Spanish Gallery
June 6 on Hwy 102
Northside, seeing tied
by Cheryl Tuck-Taylor
About the Things,
a group show, opens
June 10 at 10 a.m. to 5 p.m.
Monday to Friday, 9 a.m.
to 5 p.m. Saturday, and
11 a.m. to 9 p.m. Sunday.
Visit blackspanishgallery.com

Affinity Gallery
June 6 to July 12 at 810
Broadway Ave. Art of the
Book, a juried exhibition
by the Canadian
Bookbinders and Book
Artists Guild for their
30th anniversary. It
includes binding, calligraphy,
fine printing, paper
making, and decorative
book arts. Open house
and book arts discussion
June 7, 2 p.m.

330g
Until June 7 at 330 Ave.
G. Excerpts by Martin
Reisner and Marie-
Claude Gauthier.
Dishevelled Canvas
Centre
Until June 10 at 100 De-
laFayette P.L.A. Queen's
Her Country. This exhibit
commemorates the
Diamond Jubilee of Queen
Elizabeth II from a uniquely
Canadian perspective.

David Bell Gallery
Until June 14 at 405-105
2nd St. E. Cheryl
Buckmaster & Robert
Cullen Collaborations.

Under the Skin Museum
Until June 15 at 223 Ave.
M. Psychology (Exhibit
art) paintings by Ann
Geron.

Art Trek 2014
Until 11 a.m. to 10 p.m.,
June 14, 10 a.m. to 5

p.m., around Semkinton
discovery tour. Featuring
new studio space in
Saskatoon, demonstrations,
and chances to talk
to the artists. For a map
visit www.arttrek.com/
ArtTrekSaskatoon

Trio Gallery
Until June 15 in Market
Mill. Works by artist-
in-residence Lesley Koran.
Opening reception June
4, 7 p.m. to 9 p.m.

BCVAP Gallery
Until June 20 at 222 Third
Ave. S. S.C. CYCLE 2.0 A-
knowledging the Voices
by Rita Pollock.

Humboldt and District
Museum and Gallery
Until June 24 at 601 Main
St. W. World's Local
Perspective, paintings and
sculptures by Toni
Armstrong and David
Wehrman. Reception,
photography by Greg
Buckmaster runs until
June 26.

Umbra Museum of
Canada
Until June 21 at 950
Spadina Cres. E. Mailed
by the Spirit. Artistic
interpretations on the
life of Jesus. A multimedia
exhibition featuring the
works of 12 artists.

Pratt's Star Gallery
Until June 22 at 1156
Eighth St. E. Star to
Skyline, Emerald,
Kaslo, and Vancouver.
Cheryl and Interior Lines
by Lorraine Widdie.

The Gallery Art Placement
Until June 28 at 228 Third
Ave. S. Jonathan Farrell's
Paintings, New acrylic
paintings on "robes" from
the "painting robes" series.

Station Arts Centre,
Roosters
Until June 28 at 704
Balfour Ave. Roosters
by Michaela Widdie and
Michaela Widdie. Artwork
by Rose Widdie and
Gail Seawright.

E V E N T S

The Storefront
Until June 30 at the Two
Twenty Local Furniture
Design, the first shows.
The new design gallery
also boasts local furniture
makers.

**Moosewain Valley Centre
Gallery**
Through June at 482 Third
Ave. S. Along the storefront
by Connie Schuler a collection
of new paintings of the
Moosewain Valley.

**Riverhouse Studio & Art
Gallery**
Through June at 308 So-
davia Cres. W. Springville
Spring by Celeste & Elizabeth

AKA Gallery
Until July 4 at 434 20th St.
W. Roughed & painted, 1 split
up side. Works by Kyle Best,
Katie Gyron, Christine Neppa
and Shanelle Pope.

Centre East Galleries
Until July 6 at The Centre.
Display by the Summer Fashions
in the Royal gallery art
by Different Strikers in the
Jude gallery display by The
Seakoota Native Nonprofit
Cultural Society in the
Galleries display by Think
and Hills Studio in the
Serra and Crimson Galleries
display by the students
of Father Robinson School in
the Lavender gallery display
by the Seakoota Public
School in the Augusta and
Indigo Galleries.

St. Thomas More Gallery
Until July 26 at 1437 College
by Sharon Costello. Rums
and refreshments. Photography
by Sharon Costello.

The St. Elizabeth
Until Aug. 1 at City Park, 101
Seventh Ave. N. New works
by Henry van der Velden.
New works by Jan's Inspo are
on display until Aug. 15 at
an outdoor coffee, 220 20th St.
W.

**Handmade House Show-
case**
Until July 2 at 710 Broadway
Ave. Handmade House-
ing new works by local
artists and artists Maria Kiser-
Whelan.



Our Big One Man Show is one of the highlights of the
Pawcatuck Children's Festival which takes place on Wednesday
at Newcom Memorial Park. All photos by Kristi Prince

FAMILY

Parent and Tot Yoga
Wednesdays at the Family
Market at 10 a.m. Led
by Diana Stange and her
children. For parents with
children ages 10 months to
three-and-a-half years old.
Admission is free with a sug-
gestion donation to Vinnys
yoga for youth being a must
and snacks.

Mom and Baby
Until 9 a.m. to 11:30 a.m. at
Legends Centre in Atlantic
Town, share and connect
with other moms and babies
in your community. Learn
from local experts about a
variety of topics for modern
moms. Visit mommyconnections.ca/seakoota.

**Petecher's Children's Festival
of Seakoota** on
June 4 at Legends Memorial

Park. Celebrate the arts with
entertainment from around
the world. Music, theatre,
dance, puppetry and hands-
on activities for children of
all ages. Visit petechersfestival.ca.

**Sign, Play and Explore
Workshop**
First Wednesday of each
month through December.
10:30 a.m. to 11:30 a.m. at
the Pregnancy and Parenting
Health Centre, 246 Third Ave.
S. Parents and their babies/
toddlers explore their world,
develop skills and engage
in developmental learn-
ing experiences. Monthly
registration is required. Visit
parentingplayandexplore.ca or visit mymerthens.ca.

**Singing with Sylvia Music
Classes**
June 4, 11 a.m. to 12:45 p.m.

at John Deane School. com
Four-week sessions for kids
ages three to five. With mu-
sic, action rhymes, puppets
and instruments. To register
call 255-632-2955.

**LLCC Seakoota Toddler
Meeting**
First Wednesday of each
month at Aqueduct Church,
100 Freeway Ave. All inter-
ested women are welcome.
Call 255-632-2955 or email
llccseakoota@gmail.com.

Stairs and Staircase
Wednesdays, 1 p.m. at
Centre Cinema in the Cen-
tre. Choice of two movies
each week. A baby-friendly
environment with lavender
candle, dimmed lighting, a
changing table and stroller
parking in select theatres.

**Pan Factory Indoor Play-
ground**
Daily at 1833C Quebec Ave.
A giant indoor playground
for young children. Adults
and children under one year
are free. There is a separate
room for use for children
under two.

Children's Play Centre
Daily at Lewiston Heights
Mall. A free safe environ-
ment for preschool children
to play. Please note this is
an unsupervised play area,
and adults must stay with
and supervise children at all
times.

**Mavis Mall Children's Play
Centre**

Daily just off the food court
at Mavis Mall. This play
area is free and has different
level slides. Children must
be in the play area by

Seaside Seals & Seals
Thursdays, 10 a.m. to 11:30 a.m.
at 44 Westport Primary
Health Centre, 2311 Fairlight
Dr. A drop-in support group
for breastfeeding women.
Sessions will be facilitated
by a lactation consultant
with a brief educational
presentation, and time for
information with the other
mothers.

Dragon Tales Day
The first and third Thurs-

day morning each month
during the school year at St.
George's Anglican Church,
828 Ave. 15. A free movie and
hot prep work. Call 242-7573.

Movies for Montrose
Thursdays, 10 p.m. at Cin-
ema Cinema in The Centre.
An infant-friendly environ-
ment with reduced sound,
change tables, bottle warm-
ing and stroller parking.

**Canadian Light Source
(CLS) Public Tours**
Thursdays, 1:30 p.m. at
the Canadian Light Source,
44 Innovation Blvd. The
synchrotron research facil-
ity is open for the public.
Pre-registration is required.
Call 255-622-8343, email
outreach@clsource.ca or
visit lightsource.ca or
clsource.ca for more
information.

Shops & Streets
Fridays, 9:30 a.m. to 10:30 a.m.
at 1000 St. John's St. in
the heart of downtown
Lewiston Heights. Come
enjoy a power-walking,
body-sculpting movie using
exercise balls and a social-
izing for parents and babies.
Pre-register at [runnersand
buddies@fox.com](http://runnersand
buddies@fox.com). No
classes on start/buffers.

Coffee Time for Moms
Fridays, 10 a.m. to 12:30
p.m. at 1833C Quebec Ave.
10:05 Central Ave. Moms
enjoy a free cup of coffee
while playing in the playroom.

Rally Talk at RPL
Fridays, 10:30 a.m. at 440
Turner Street, Moncton,
10:30 a.m. at Carolyn King
Street and 15 Wood Street,
and Mondays, 10:30 a.m. at
1011 Wright Street. Half-
hour singing and rhymes,
time to mingle with other
parents.

Musical and Me
The first Friday each month,
8:30 a.m. at West Point
Parkway, 5-3160 10th St. E.
A one-person, one-evening
class designed for parents
with one child. Practising
to techniques, tips and ideas.
Time to chat call 255-7329.

COOKHOUSE & BAR
ON 5TH STREET

HOCKEY PLAYOFF GIVEAWAYS

Purchase any Moose Product at
Montana's during the 2014 NHL
playoffs and
be entered to WIN the
grand prize
**LE TIGER
CANADIAN
HOCKEY
PARK BENCH
PRIZE.**
Win it Free
Available

ICE COLD PINTS

**Wednesday Never
Tasted So Good!**
**ALL YOU CAN
EAT RIBS**
\$1.00 OFF
**Domestic Draft
Pitchers**

EVENTS

Cruff and Story Time
Saturdays, 11 a.m., at Indigo Books, 3502 Eglinton St. E. in the Indigo Garden. Call 303-264-5397.

Reminisce for Success: Family Cooking Class
Saturdays, 10 a.m. to 3 p.m., and Thursdays, 9:30 p.m. to 10:30 p.m., through May at the Saskatoon Food Bank and Learning Centre, 202 Ave. C. S. is a free family cooking class where families cook together for 30 minutes in kitchen. Email chit@foodbank.ca or call 306-334-7333, email chit@foodbank.ca.

Preschool Yoga
Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Explore to interrelate yoga designed to help with postpartum recovery. Belly friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at maternityyoga.ca or call 306-334-7333. No class on staff holidays.

Preschool Yoga
Mondays, 5 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a certified and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-334-7333 or email maternityyoga@pnhc.ca. No class on staff holidays.

Drop-in Playgroup
Mondays to Fridays through May, 9:30 a.m. to 11:30 a.m., at Hink Boys Soccer Centre, 219 10th St. An indoor public playgroup with ride-on toys, sporting equipment, ball and hoops for children up to age six. Food and drinks are welcome, but the building is parents'-free.

Robb's Robb's Book Playroom
Mondays to Fridays, 10:30 a.m. to 4:30 p.m. and late nights Thursdays, at Robb's Robb's, 11-105 Central Ave. With a wet area, kitchen, reading room, and outdoor play area. Call 306-386-4791 or email sb@robbrobb.ca.

SaskTel net
Mondays until June 30, 10 a.m. to 11:30 a.m., at SaskTel United Church, 454 Light Ave. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit www.sasktel.ca/sasktelnet.

Moms and Baby
Mondays until June 30, 10 a.m. to 11:30 a.m., at SaskTel United Church, 454 Light Ave. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit www.sasktel.ca/sasktelnet.

Playgroup
Tuesdays, 9:30 a.m. to 10:30 a.m., at Grace-Westminster United Church, 1045 10th Ave. Hosted by Hink Boys Soccer Centre. A group of families inspired by World's philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time
Tuesdays, 10 a.m. to 11 a.m., at Macklin's Optician, 3100 Eighth St. E. For children ages three to five in the Circle of Trees. Call 306-955-5277.

Maternity Yoga
Tuesdays until June 17, 7:30 p.m. to 9 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. A comprehensive childbirth education series, preparing parents for the birth of a child. To register visit birthrightyoga.ca.

Need a Paint
The first Tuesday at 10:30 a.m. and Wednesdays at 1:30 p.m., each month, at West Point Pottery, 5-3130 Highway 101. Suitable for ages five to 18. Call 306-334-7333.

Moms and Baby Outdoor Stroller Fitness Class
Tuesdays and Thursdays, 10 a.m. to 11:30 a.m., along the Interlake Trail. Meet new moms and get a whole body workout. To register and for starting location call 306-334-7333 or email chit@foodbank.ca.

Gen-Arm Gymnastics Classes
Until June 21 and July 7 to Aug. 25 at 3702 Mitchellmore

Ave. Various schedules for ages two to 18. Visit www.genarm.com.

WRICSA's K-12 Saskatoon Regular after-school program
Regular after-school program, provided because of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games and have fun using LEGO bricks. Visit bricks4kids.com or call 306-979-2745.

Saskatoon Public Library Programs
Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/ask/1036.

THE SPECIAL EVENTS

10th Annual Fundraising Evening
June 4, Hosted by Saskatchewan Friends of the Sheshewsky Foundation. Celebrating the 200th anniversary of the birth of Frank Sheshewsky, and more than 30 years of the Ukrainian Canadian Foundation of Toiss Sheshewsky supporting Ukrainian culture in Canada. An evening of entertainment and fundraising for the foundation. Advance tickets only. Email sasksheshewskyfund@p3.com or call 306-230-1131.

Health Fair
June 5, 9:30 a.m. to 1:30 p.m., at White Buffalo, White Lodge, 602-210 St. E. Hosted by Alim & Health. Learn more about living a healthy lifestyle with healthy snacks, door prizes and a Free Press Market. Call 306-555-5483.

Evening Market
The first Thursday each month, 4:30 p.m. to 9 p.m., at the Saskatoon Farmers' Market.

The Pitbull 13.0
June 5, 6 p.m., at Capitol Music Club, 244 First Ave. N. Featuring music by Al Mighty White. The Pitbullwhite, Whiskey Songs, The Rebellion, Sex Business, Crestwood,

Smokewalker & Jen Lene, and Prosser Duo spinning vinyl. With a 9:50 show and an action. Tickets at pitbull13.com. All proceeds go toward building schools in Africa.

Punk Vids
June 5, 7:30 p.m., at Broadway Theatre, a film series. Once music and dance were born, original flamenco was by artist director Juan Arba. Featuring a new film and a performance from Spain and Alameda Flamenco dancers. Tickets at 306-115-8223, Broadway Theatre or at the door.

World Professional Cheeky-ween Ideas
June 5-6, 8:30 p.m., at June 5, at Premiere Road. Tickets at tickets.saskatoon.com. Visit saskcheeky.com.

World Environment Day
June 5-June 5, 12 p.m., on Monowick Island by the Greyfriars Centre, a dedication of trail marker by the first tree planted by Richard Stain. "Man of the Trees" on June 5, 12 p.m., at a picnic lunch. June 6, 8 p.m., at Prairie Star Lodge, 120 Eighth St. E. First Friday and Robert White Arts Council. Memorabilia and examine the legacy of the pioneering global environmentalist. For information call 306-566-3331.

Cash Memory Dinner & Auction
June 6, 5:30 p.m., at the German Canadian Centre, 150 Cartwright Rd. Presented by K&L Group. Food, live entertainment by Fogdog, live and silent auctions. Tickets at saskcheeky.com. Email info@saskcheeky.com or call 306-334-7333.

Steele Legal Clinic
June 6, 9:30 a.m., at Saskatchewan International Raceway. Street racing in a safe and legal environment. Admission at the gate.

Heavenly Fight Night Battle
June 7, 7 p.m., at Starline Club, 141 Avenue Ave. An amateur fighting event.

presented by Hink Fight Promotions. Rights are sanctioned by the Saskatchewan Martial Arts Association. Featuring Mitch Clark of the UFC. Weigh-in ceremony June 6, 6 p.m., at Starline Club. In the evening. Info at 306-351-6534, hinkfightpromotions@gmail.com, or Facebook.

Saskatoon Vowel Jesters Home Game
June 6, 7 p.m., at Cairns Field, 1032 Ave. P. Playing against the Swift Current Indians. Visit saskatoonvoweljesters.com.

Saskatoon Shines Leadership Gala
June 6, 6 p.m., at the Bermuda Hotel. Hosted by Tourism Saskatoon, Saskatoon Sports Bureau and Saskatoon Education Association. Dinner and awards ceremony honouring individuals in our community who have dedicated time and energy to bring spectacular events to our city. Tickets at 306-931-7583, info@saskatoonshines.com or RSVP by phone.

Points Re-Set #2
June 7, 10 a.m., at Saskatchewan International Raceway. Admission at the gate.

Summer Solid Ice Lunch
June 7, 12 p.m., at St. Michael's Anglican Church. With a large variety of salads, soups, breads and beverages. Tickets at 306-564-5393, 306-345-3127.

Code Project
June 7, 1:30 p.m., at Stonerud Lodge. The country's first singer performs as part of the Summer Fall Tickets at 306-273-5650 or at the door. Proceeds support St. Michael's Residents in Mexico campaign.

A Month Evening
June 7, 8 p.m., at Southport Gardens. Supporting RBC Foundation's community mental health campaign. With Clara Hughes and Clara's Big Ride. Cocktails, dinner, a program, and dancing to the live U.S. Jazz

Ensemble. Tickets at p3.com.

Saskatoon Vowel Jesters Home Game
June 6, 7 p.m., at Cairns Field, 1032 Ave. P. Playing against the Swift Current Indians. Visit saskatoonvoweljesters.com.

Whisk Race Thru 2014
June 7, 7 p.m., at Broadway Theatre. Saskatoon's drumming collaboration. Hosted by Soul Grip. Featuring Mike Kite and Jeff Salen. With drum set drum line and Latin percussion pieces. Tickets at saskatoonvoweljesters.com or 306-345-3127.

Midsummer Nights Dream
June 7, 7:30 p.m., at Grace Westminster United Church, 505 10th St. E. Private performance by the Saskatoon Shakespeare Association. Dinner and awards ceremony honouring individuals in our community who have dedicated time and energy to bring spectacular events to our city. Tickets at 306-931-7583, info@saskatoonshines.com or RSVP by phone.

Exhibition
June 8, 9 p.m., at Como Centre, 484 10th St. E. Presented by Ceballos Salas and CDF. A live Banda band performance. Tickets at saskatoonvoweljesters.com or 306-345-3127.

10th Annual Dirty Walk
June 8, 12 p.m. to 1:30 p.m., at North Woods Park. The walk takes place across Canada. Fundraising to advance medical research for HIV/AIDS and Cystic Fibrosis. For information and to register visit dirtywalk.ca or email 1-800-387-1479 or 306-564-1430.

Talk: Walk to Cure Diabetes
June 8, 10 a.m., at Victoria School. Local residents and awareness to make a difference. Call 306-344-9533, email saskatoonwalkto@p3.com or visit saskatoonwalkto.com.

Points Re-Set #3
June 8, 10 a.m., at Saskatchewan International Raceway. Admission at the gate.

EVENTS



Join in the fun at the annual Bridgeton City Boogie. The family-oriented event features a 2km, 5km and 10km run and walk as well as a Pet Parade with funny costumes and fun for all ages. Tickets and more at cityboogie.com.

Bridgeton City Boogie
June 6, 8 a.m., at Disenbaker Park. Walk, run or boogie on 2km, 5km and 10km courses. Featuring kids' read-alouds, coloring, with activities for kids, face painting and food. Register at cityboogie.com.

Urban Landscape Workshops for Adults
June 6, 2 p.m., at the Miroslav Art Gallery. Artist Lorraine Dupuis guides you through painting the urban landscape. All skill levels welcome. Materials provided. To register call 306-970-8165.

13th Annual Art in the Park
June 8, 12 p.m. to 5 p.m.,

In Ashworth Holmes Park. The Cassell Arts Festival Celebrates culture and community. Arts and entertainment includes artists' village, children's and teen's art festival, and a collaborative art-making.

Saskatoon Yellow Jackets Home Game
June 8, 2 p.m., at Cairns Field, 1202 Ave. P.S. Playing against the Medicine Hat Mavericks. Visit saskatoonyellowjackets.com.

Saskatoon Yellow Jackets Home Game
June 10, 7 p.m., at Cairns Field, 1202 Ave. P.S. Playing against the Moose Jaw Maroons. Visit saskatoonyellowjackets.com.

Tonight it's Poetry
June 6, 7:30 p.m. at The Basement. Highschool Flashback featuring Write Out Loud. Tickets at saskatoonpoetry.ca.

THEATRE

Saskatoon Scap 30th Anniversary Show
June 6, 9:30 p.m., at Broadway Theatre. The improv comedy troupe brings laughter to the stage. Celebrating 30 years of live, improvised comedy featuring singer-songwriter Jeffery Skelton. Tickets at 306-553-6556 or at the door.

Event listings are a free, community service offered by The Star. Listings will be printed if space permits.

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ON THE SCENE

2014 YWCA WOMEN OF DISTINCTION AWARDS

The first female leaders in Seaside were celebrated on May 29 at the 32nd YWCA Women of Distinction Awards presented by PatchCorp. Over 160 people came to cheer for their favorite nominees and honor the winner of the lifetime achievement award, Phyllis Hallatt.

The awards are recognized nationally for being one of the most prestigious for women. Over 500 have been named Women of Distinction in Seaside.

About \$60,000 was raised, all of which will stay in Seaside for YWCA programs and services that work to eliminate poverty, homelessness and violence. The YWCA's four areas of focus are: housing, quality child care, employment and accessible fitness.

Thirty-seven women were recognized for their contributions to the

community at the event. Here are the 10 award recipients for 2014:

Arts, culture and heritage — Lisa

Red Wilson

Athletics — Michelle Nelson

Community building

— Sharon Benson

Education — Jacque Ackerman

Entrepreneurship

— Sara Winchester

Health and wellness

— Heather Peacock

Leadership, management and professions — Beth Blinn

Science, technology and research —

Sandy Marie Bonny

Youth — Suzeena Mohamed

Lifetime achievement

— Phyllis Hallatt

BRIDGES PHOTOS BY BORO WALDMER



1. Debra O'Reilly, Oliver Wilson, O'Reilly and Jack Blackwell

2. Kathleen Underwood, Tracy Benson, Shavina Felt, Wendy Mason and Melissa Berger

3. Faith and Jeremiah Rose, Valerie Markovits

4. Michael and Kimberly Donnell, Shelley Gribble and Kaitlin Jeffery

5. Andrea Gliniewicz, Ronda Gird, Jennifer Papp, Janie Papp, Nicole Chapp, Dawn and Morgan Wathen

6. YWCA president elect Jocelyn Allard, president Dr. Deb Parker, Louann and Rob MacDonald, executive director

7. Jane Salk and Ren Tresson

8. Shavina and Scott MacDonald, and Ayns and Syden Galt

9. Michele Goss and Jennifer Lester

10. Wendy Walker and Tommy Fleming

11. Mel Hart with his wife Janet Lohrman-Hart

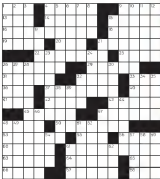


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Unlikely Jewish
4 [Don't] +
6 Multi [part]
12 Gutsy posting, for short
14 Washingtonian
18 Answer to "Le Décor
Vint"
19 Ends sharp on "The
Sopranos"
19 Copy for short
19 Part of a car where
we drive
20 Playfully describes
Abe
21 Local history
22 Observed at a
moment in
23 Use a verb kept from
26 Every month
29 The Queen-North's
relax
31 Miro of "Ulysses"
32 Part of the top
hemmed garment
33 Rubber duck's part
35 Hoopster of "Fame"
37 Open book is
literarily or a hint
to four crossings in
five words
40 I invite border
41 Locals for a hinner
42 19c periods
43 Compendium to a
best?
45 "Savage Beauty" author
47 Use the whole
word
48 Astral spray
50 Pick it in a pun
51 Cleave inside
52 The signature of
confection "Get
Bready Bites"
53 Cook purple hot
54 "The Women" author
55 Stowing advantage
56 Singer who is
infamous as "the female
who leaves you"



- 44 Award for 10 Oscars
for his role in "The
Wages of
Sinners"
45 "Punch Clock" of
Judd
46 Large form in Serbia
47 Pre-ace
48 Clear one

DOWN

- 1 Fit easily
2 Polio-ridden male
3 "Hairspring" class
4 AGL, for many
5 Colorful parrots
6 Garden ground cover
7 Horror line
8 Small beetle
9 Early for some
10 broods, TV hit series
11 Last episodes
12 What it
13 Event's offer
14 Gaily burn up
15 Outstep benefit
16 Hazy coating
17 Gaily burn up
18 Home to most
19 Down
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33 Hairspring class
34 Hairspring class

Photo by 2014 Getty Images

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Level: Gold

Fill in the blank cells
using numbers 1 to 9.
Each number can only
appear once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Solutions to the
crossword puzzle
and the Sudoku can
be found on Page 27

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SHARP EATS

See a food trend you think deserves a highlight in Bridges? Email bridges@thestarphoenix.com or visit Bridges on Facebook

SASKATCHEWAN FOOD TRENDS

How to be a raw food vegan for five days

By Jenn Sharp

Vegan raw food

These are three words unlikely to ever escape my lips in a positive season.

I grew up eating food (and meat). While I've learned to like vegetarian food, I would never wholly forgo meat.

On a recent trip to Vancouver, I had dinner at Gardia Food, an organic, raw, vegan restaurant that's been around for over a decade.

I had the lasagna. Zucchini substituted the noodles; a sensory and mouthful filled in for cottage cheese; hemp and basil pests was the meat sauce and a walnut "cheese" graced the top. It wasn't strange but it was delicious. My curiosity was piqued. Maybe this was doable in real life.

I started researching. My main question was how do you get enough protein and amino acids through vegan raw food? The answer can get complex and it's very difficult to get everything your body needs through food alone.

For most things, it's entirely possible to get all the protein you need through raw vegetables. Apparently most of us eat way more protein than we need anyway.

Proponents of raw food diets eat live enzymes that aid digestion, absorb acids and get rid of toxins. These enzymes are broken down when food is cooked (although there is debate on this topic).

I signed up for a five-day detox with a company making the rounds on Facebook — detoxes and cleanses, especially juice-orientated, are the rage these days.

I followed the instructions almost perfectly — I even soaked my nuts and sprouted my legumes (organic, non-GMO, natural, no pesticides, were available and help digestive enzymes grow) by the way soaked nuts puff up and taste great.

A huge fruit smoothie with coconut milk or overnight oats with honey (which reduces inflammation)



Raw chef Renee Fichtner's first attempt at a raw-vegan dessert turned out fantastic. If this is what eating raw tastes like, I want to do it every day. By Jenn Sharp. Photo credit: Kristin M. Smith

was my breakfast.

For lunch, I made a big batch of bean and shiitake salad with lots of veggies for the week. For a dressing, I asked Renee Robinson, a StarPhoenix food columnist for advice. She suggested chopped cilantro, vinegar, olive oil, cayenne, honey and kale juice — awesome.



Preparing for a raw-vegan bean salad. The most flavorful part comes from allowing the ingredients to marinate overnight.

SHARP EATS



After a particularly busy day of work, it's time to relax. This oatmeal bowl is topped with blackberries, raspberries, and sliced almonds.



On a busy day, it's time to relax. This oatmeal bowl is topped with blackberries, raspberries, and sliced almonds.

It was a bit tricky. The provided recipe didn't suggest to me so I made up my own.

The first day was a bit tricky. The provided recipe didn't suggest to me so I made up my own. The first day was a bit tricky. The provided recipe didn't suggest to me so I made up my own.

On Day 1 I had a great experience in the kitchen. I was able to make a great meal for my family. I was able to make a great meal for my family.

Thankfully Noah Bakery and Tap has a few more items try the best and Layla had a delicious one. I was able to make a great meal for my family. I was able to make a great meal for my family.

Day 3 and 4 passed uneventfully except for when I had to visit a drill for a cologne. The sandwich was a bit tricky. The provided recipe didn't suggest to me so I made up my own.

ing. I showed it very slowly and really tested the flour. And, to be honest, I enjoyed those two bites more than if I would have eaten them the whole thing.

On Day 5, the extreme blizzard I'd been suffering (I looked like I was pregnant all week) finally subsided. The gas, to the extreme joy of my co-workers, was let up (we recommended raising my volume to 100% for the gas).

That night, a few of us were at a pub. After the day of saying "no," I finally said "yes." We ordered a party pizza and I dug into the meat. The pizza was a bit tricky. The provided recipe didn't suggest to me so I made up my own.

photo: [unclear]
photo: [unclear]

Raw Lentil and Kale Curry



This recipe is a delicious and healthy meal. It's a great way to get your daily dose of lentils and kale. It's a great way to get your daily dose of lentils and kale.

While it's not technically "raw," if you keep the temperature low and don't overcook it, you'll be fine. Some mildly heated foods are perfectly acceptable on a raw diet (don't go above 115°F or 46°C). Adjust the spice level to your taste. I like a lot of spice but you may not.

INGREDIENTS:

- 1 cup sprouted lentils
- 2 to 3 cups kale (use leaves only, discard stems)
- 1 cup plus 1 tbsp coconut oil
- 1 tbsp turmeric
- 1 tbsp garam masala (curry powder)
- 1 tsp cumin
- Salt and onion powder to taste
- Juice of one lime

- 1 cup washed pinto beans
- 1 onion, sliced

METHOD:

1. Put 1 cup coconut oil in a frying pan or skillet on low heat. Once melted, turn in sprouts, salt, pepper and lime juice.
2. Mix in the lentils and continue stirring until cooked in spice mixture. Stir in the pinto beans and remove from heat. Keep it warm.
3. In a small pan, melt 1 tbsp coconut oil and add kale. Stir to coat leaves with the oil and add a dash of salt if you like. Once leaves are slightly wilted, turn off the heat.
4. Arrange kale on a plate with sprouts and chickpeas. Pour lentil curry on top and dig in.

OUTSIDE THE LINES

Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridget@chestnuthillpharmacy.com. One winner will be chosen each week. Prizes sent out by Monday 5 p.m.



Last week's contest winner is Christopher Macnab. Thanks to everyone who submitted entries!



HEALTH

FDA issues new advice on mercury levels in seafood

By Mary Clare Jalonick
And Lauran Newsgaard

The U.S. Food and Drug Administration is updating its advice for pregnant women on the appropriate levels of mercury in seafood. Consumer Management Branch says the agency won't require mercury labels on seafood packages.

In a wide-ranging interview last week with The Associated Press, Henshaw said the agency will update guidelines on mercury in different varieties of seafood and what that means: a long-awaited memo issued at helping women better understand what to eat when they're pregnant.

"It's an advisory, not an effort to mandate labeling," Henshaw said. "Different seafood products do contain different levels of mercury, and so different seafood products can be ranked in terms of levels of mercury."

Eating fish is part of a heart-healthy diet, and many types are good sources of omega-3 fatty acids that are important for brain development.

But fish also can absorb small amounts of mercury as contaminants, from air and water — and a small number of varieties have higher levels.

For most people, accumulating mercury from eating seafood isn't a health risk. But for a decade, the FDA has warned that pregnant women, those who may become pregnant, and young children avoid certain types of high-mercury fish because of concerns that too much could harm a developing fetus.

Consumers are urged to read the notices and use the warnings as a guide to what to avoid, and seeking labeling to help

so that shoppers wouldn't have to remember which products are OK during pregnancy or for youngsters.

"We can ask consumers to memorize two different lists of fish," said Candice Smith of the Center for Science in the Public Interest, one of the groups that said.

DeVos said the new advisory will be an improvement if it gives consumers better information, especially if that information could be kept at their country's risk assessment.

The seafood industry says the government shouldn't look at mercury by itself but at the benefits of seafood. Jennifer McGuire of the National Fisheries Institute says the original FDA guidelines warning against some types of fish for pregnant women just served to decrease overall seafood intake.

"That would be very concerning if there was a good fish, bad fish, list," she said.

The government's 2013 Dietary Guidelines incorporated FDA's warnings to say that pregnant or breastfeeding women should consume eight to 12 ounces of a variety of seafood per week. But it said they should not eat shark, swordfish and king mackerel because of the mercury content and it advised limiting white salmon twice a week to an ounce a week.

On other food-related issues, Henshaw said developing such businesses will have to take extra steps to ensure "one of the more complex tasks" of making sure they're safe for consumption.

The food industry is closely watching FDA, to see which establishments are included in food safety labeling rules, which are expected this year. Congress required the labels in 2010 health warnings, and supermarkets and convenience stores have lobbied aggressively since then to be excluded.

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Crossword/Sudoku answers

Crossword answers:
Across: 1. MURDER, 2. RAIN, 3. RAIN, 4. RAIN, 5. RAIN, 6. RAIN, 7. RAIN, 8. RAIN, 9. RAIN, 10. RAIN, 11. RAIN, 12. RAIN, 13. RAIN, 14. RAIN, 15. RAIN, 16. RAIN, 17. RAIN, 18. RAIN, 19. RAIN, 20. RAIN, 21. RAIN, 22. RAIN, 23. RAIN, 24. RAIN, 25. RAIN, 26. RAIN, 27. RAIN, 28. RAIN, 29. RAIN, 30. RAIN, 31. RAIN, 32. RAIN, 33. RAIN, 34. RAIN, 35. RAIN, 36. RAIN, 37. RAIN, 38. RAIN, 39. RAIN, 40. RAIN, 41. RAIN, 42. RAIN, 43. RAIN, 44. RAIN, 45. RAIN, 46. RAIN, 47. RAIN, 48. RAIN, 49. RAIN, 50. RAIN, 51. RAIN, 52. RAIN, 53. RAIN, 54. RAIN, 55. RAIN, 56. RAIN, 57. RAIN, 58. RAIN, 59. RAIN, 60. RAIN, 61. RAIN, 62. RAIN, 63. RAIN, 64. RAIN, 65. RAIN, 66. RAIN, 67. RAIN, 68. RAIN, 69. RAIN, 70. RAIN, 71. RAIN, 72. RAIN, 73. RAIN, 74. RAIN, 75. RAIN, 76. RAIN, 77. RAIN, 78. RAIN, 79. RAIN, 80. RAIN, 81. RAIN, 82. RAIN, 83. RAIN, 84. RAIN, 85. RAIN, 86. RAIN, 87. RAIN, 88. RAIN, 89. RAIN, 90. RAIN, 91. RAIN, 92. RAIN, 93. RAIN, 94. RAIN, 95. RAIN, 96. RAIN, 97. RAIN, 98. RAIN, 99. RAIN, 100. RAIN.

Sudoku answers:
6 8 3 5 9 7 1 4 2
7 9 2 6 4 1 5 8 3
4 5 1 8 2 3 6 7 9
9 1 5 3 6 4 8 2 7
8 2 7 9 1 5 4 3 6
3 6 4 2 7 8 9 1 5
1 3 8 7 5 9 2 6 4
5 4 6 1 3 2 7 9 8
2 7 9 4 8 6 3 5 1

Building Dams
A group of people are working on a dam project, building a large structure in a riverbed.

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